



SOLO PLAYER SESSIONS

15/U-Open - Session 2

	ACTIVITY DESCRIPTION	DURATION
WARM UP	<p>20-30 second intervals</p> <ul style="list-style-type: none">• High knees• Butt flicks• Leg swings left/right leg• Sidestep both ways• Lunges• Star jumps• Seated glute stretch• Quadriceps stretch (superman) left leg/right leg• 4 x two-footed jump and land on two feet• 3 x two-footed jump and land on right leg• 3 x two-footed jump and land on left leg• 3 x 10m sprint at increasing intensity to finish	5-10 min
ACTIVITY 1 FITNESS SHUTTLES	<p>Run shuttle at full sprint, rest for remaining time in the set</p> <p>i.e. 10 sec for 10m shuttle. If it takes 6 seconds to run, rest for 4</p> <ul style="list-style-type: none">• 10 secs per 10m shuttle x10• Rest 1 min• 15 secs per 20m shuttle x8• Rest 1 min• 20 seconds per 30m shuttle x6	10 min
ACTIVITY 2 FOOTWORK CIRCUIT	<p>20 seconds of work, 10 seconds rest. Complete each station then move onto next</p> <ul style="list-style-type: none">• 20m of 'skippy steps' (like skipping, but very quick with feet only just above the ground)• Side to side between two cones/drink bottles (3m apart)• Figure 8s around two cones/drink bottles (2m apart)• Four points - Mark out a square. Start in middle and drive to each of the points of the square, returning to middle each time. Always change direction in the middle (ie don't drive diagonally from one corner to the opposite corner)• Crossroads (Sprint 3-4 steps forward, backpedal to starting point, sidestep left 3-4 steps, sidestep back to start, backpedal 3-4 steps, sprint forward to starting point, sidestep right 3-4 steps, sidestep back to start. Repeat sequence in opposite direction)	10 min
COOL DOWN	<p>Walking/very slow jogging with active stretches every 15-20 secs</p>	5 min